

ARSOUTH continues humanitarian aid in Haiti

By Spc. Jessica M. Lopez
 ARSOUTH Public Affairs

U.S. Army South continued its mission of providing general medical health care during New Horizons - Haiti 2010 at the Task Force Kout Men Ennery medical assistance site July 13.

New Horizons, in partnership with the government of Haiti, is conducting various medical, dental and engineering missions for the locals in Gonaives. New Horizons also provides valuable learning experience in a real-world environment for our U.S. Forces.

"We have a medical team with nine providers," said Air

Force Col. Tom Steinbrunner, deputy commander of 56th Medical Group based at Luke Air Force Base, Ariz. The group provides general medicine, optometry and dental support to the ARSOUTH mission.

Task Force Kout Men was asked by the government of Haiti to provide health care to this area where they normally do not have access to adequate primary care, said Steinbrunner. "This area has a very small clinic that does not have the ability to meet the needs of the patients here.

"This is a part of the coun-

See ARSOUTH P15



Air Force Lt. Col. Richard Moore, a dentist with 56th Medical Group, prepares a local patient for a tooth extraction at the U.S. Army South New Horizons- Haiti 2010 Ennery medical assistance site July 13. New Horizons, in partnership with the government of Haiti, is conducting various medical, dental and engineering missions for the locals in Gonaives. New Horizons also provides valuable learning experience in a real-world environment for U.S. Forces.

Photo by
Spc. Jessica M. Lopez

Up in smoke, is Spice worth a career?

By L.A. Shively
 FSH Public Affairs

Spice and K2 are brand names for mixtures of 'natural' herbs and spices sold in "smart shops" in Europe, Canada and other parts of the world purportedly as incense. Both are also sold as "herbal smoking blends."

Smart shops market "all-natural," usually herb-based substances that claim to provide an



Photo by Andrea Melendez

Three kinds of synthetic versions of marijuana that are sold as incense are pictured: Funky Green Stuff, Black Magic Smoke and K2. Turned over is a K2 bag, showing the content and a warning.

out-of-the-ordinary physical sensation or "high" without ugly side effects. The smart behind

the shops is that everything they sell is legal.

According to the Office of National Drug Control Policy, Spice and its derivatives are becoming available in the U.S. According to recent news reports, the use of these substances is prevalent in San Antonio.

Several different "flavors," with names such as Silver Spice, Diamond Spice, Yukatan Fire Spice, PEP Spice or Fire n' Ice, contain different proportions of synthetic drugs and reportedly produce subtly dif-

See SPICE P8

New program relaxes I.D. check at gates

A new procedure has been implemented at Fort Sam Houston access control points to align with Department of Defense guidance.

The Trusted Traveler Program allows service members, government employees, retirees and adult dependents with valid Department of Defense identification credentials to vouch for up to five vehicle occupants. Vouch is defined as verification by the sponsoring traveler that all occupants of the vehicle possess valid installation access credentials.

The Trusted Traveler Program will be implemented from 6 a.m. to 6 p.m. daily. From 6 p.m. to 6 a.m., all vehicle occupants must provide a valid access credential and security guards will conduct 100 percent identification checks such as Common Access Cards, retiree identification cards, driver's license, or passport.

For more information, call the Provost Marshal's Office at 221-2222.



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Army Family Action Plan General Officer Steering Committee resolves 27 quality-of-life issues

By Lt. Gen. Rick Lynch

Commanding General,
Installation Management
Command
Assistant Chief of Staff for
Installation Management



Lt. Gen. Rick Lynch

I have always said you can either read history or make it. Many in our workforce have made important history by asking the three fundamental questions: Are we doing the right things? Are we doing things right? What are we missing?

These questions compelled the workforce to provide valuable feedback that helps us sustain the Army Family Covenant.

Because of your voice and the Army's commitment to taking care of Soldiers, civilians and Families, you have added to the 27-year history of the Army Family Action Plan's quality-of-life improvements, enabling us to do the right things the right way, and fix things that were missing.

One of the greatest achievements of the recent AFAP General Officer Steering Committee is resolving 27 of 40 quality-of-life issues. The GOSC, composed of Department of Defense officials, Army leaders, and field representatives, reviewed some tough issues that require resources, legislation, and policy changes.

In the end, the resolutions expanded Soldier entitlements and civilian employment; enhanced

Nation, and the Families who support them.

The AFAP is a year-round process that begins at the installation or unit level and is the preeminent means for commanders at all levels to learn of and seek solutions for the concerns of their communities. Currently, the Army is the only service with a program like AFAP.

Because of your voice, the Army is able to dedicate child and youth spaces to accommodate our special needs children at Child, Youth & School Services facilities. Garrison commanders now have the authority to designate areas within

their community for immediate special needs child care. This resolution supports Soldier and Family well being.

Our pledge to improve

Family readiness is evident in the resolution of issue No. 562, an efficient and seamless delivery of

See AFAP P11

Weekly Weather Watch

	July 29	July 30	July 31	Aug. 1	Aug. 2	Aug. 3
San Antonio	92° Chance of T-storms	94° Partly Cloudy	94° Partly Cloudy	94° Partly Cloudy	94° Partly Cloudy	94° Partly Cloudy
Kabul Afghanistan	84° Chance of Rain	89° Chance of Rain	86° Scattered Showers	86° Scattered Showers	86° Scattered Showers	86° Scattered Showers
Baghdad Iraq	118° Clear	120° Clear	120° Clear	118° Clear	114° Clear	116° Clear

(Source: Weather Underground at www.wunderground.com)

News Briefs

Movie Night at the Beach

"The Bounty Hunter" (PG-13) will be shown July 30 at sun-down, around 8:30 p.m. on the beach at the FSH Recreation Area at Canyon Lake Park. Access will be free after 7 p.m. Call 221-9904 and visit <http://www.fortsamhouston-mwr.com>. Directions to Canyon Lake can be found by selecting Canyon Lake under the Recreation drop down menu. Outside food and drinks welcome. No pets allowed in beach area.

BAMC Military Spectacle Ordering Relocates

Brooke Army Medical Center Military Spectacle Ordering has relocated to the McWethy Troop Medical Clinic at the corner of Garden Avenue and Schofield, across the street from the new Primary Care Clinic. Ordering hours are Monday, Tuesday, Thursday and Friday from 8-11:45 a.m. and 12:45-2:45 p.m. and Wednesday 8-11:45 a.m., excluding federal holidays and BAMC training holidays.

BAMC Patient Advocacy Relocates

The Brooke Army Medical Center Patient Advocacy Office will relocate to the first floor, Bed Tower, Room 115-8 (inside the Patient Administration Division hallway, near the Information Desk) on July 29. It will re-open for patient assistance on July 30. This office addresses complaints, requests for assistance, compliments, inpatient visits, and ICE resolutions. All phone numbers will remain the same. For more information, call 916-2330.

Sports Physicals

The Wilford Hall Medical Center Pediatric Clinic at Lackland Air Force Base begins conducting mass annual sports physicals July 30 and Friday afternoons through Aug. 27. These physicals are for WHMC Pediatric Prime patients 8-22 years old. Call 916-9900 to book

See NEWS P4

The who, what, why and how of iWATCH

iWATCH ARMY is a modern version of neighborhood watch focused on the threat of terrorist activity.

Designed to heighten public awareness of indicators of terrorist activity, the program also encourages reporting suspicious behavior or activity on post to military police and local law enforcement agencies for investigation.

The Headquarters Department of the Army, Office of the Provost Marshal General is leading this effort. The Office of the Provost Marshal General Antiterrorism

Branch has developed the iWATCH ARMY initiative to educate the Army community.

Why is it important? When informed about the indicators of terrorist activity and empowered to help protect our communities against terrorism, the entire Army – community Soldiers, DA civilians, Family members and contractors – become an extension of our overall protection.

The information reported by members of the Army community both on and off military installations may reveal a

piece of a puzzle which leads authorities to thwart a terrorist plot.

To report information call the Fort Sam Houston Military Police at 221-2222. To remain anonymous call 221-CLUE (221-2583), or e-mail FTSamHoustonPolice@conus.army.mil.

To watch a video and learn more about iWatch go to <http://www.samhouston.army.mil/ec>.

(Source: Army AT Enterprise page on AKO)

iWATCH ARMY

iREPORT iKEEP US SAFE

A Simple Observation A Single Report can lead to actions that may STOP a terrorist attack

THINK ABOUT THE POWER OF THAT. THE POWER OF iWATCH.

See Something Say Something

Always Ready, Always Alert
Because someone is depending on you

<https://www.us.army.mil/site/page/006767>

VA SECRETARY VISITS BAMC

Brig. Gen. Joseph Carvalho Jr. (left), commander of Southern Regional Medical Command (Provisional) and Brooke Army Medical Center, and Lt. Col. (Dr.) Evan Renz (right), burn center director, look on as Secretary of Veteran Affairs Eric Shinseki greets wounded warrior Sgt. Joel Tavera during a visit to Brooke Army Medical Center July 19.

Photo by
Chondra Perry



News Briefs

NEWS from P3

appointments. Bring patient's military I.D., shot record, third-party liability card and any school forms that need to be completed. Bring only the child with the appointment to the clinic and allow plenty of time for parking. Children with special needs must make individual appointments at another time. Call 292-0786

New Procedure for Acute Active Duty Appointments

Effective Aug. 30 the Kelly Family Medicine Clinic at Port San Antonio will replace the current military "sick call" process with acute appointments. Active duty military members with illnesses requiring an appointment within 24 hours will call the Consult and Appointment Management Office, or CAMO, at 916-9900. In addition to acute appointments, the CAMO can send telephone consults such as profile updates, medication refills, and provider questions. Active duty calling between 6:30 and 8 a.m. have first priority for acute appointments. After 8 a.m., any unfilled acute appointments will be available to all beneficiaries. Individuals who are too sick to wait for an appointment or have an emergency can be seen at the Wilford Hall Medical Center Emergency Department at Lackland Air Force Base. Call 925-6336.

Great Plains Regional Veterinary Command

A change of command ceremony will be held Aug. 5, 3 p.m. at Army Community Service, Building 2797.

AMEDD Regimental Social

The Army Medical Department Center & School Commanding General Maj. Gen. David Rubenstein and Command Sgt. Maj. James Diggs will host the 235th AMEDD Regimental Social Aug. 5, 5 p.m. at the AMEDD Museum. Doors open at 4:30 p.m. Tickets are \$5. All are invited. Call 221-9948.

ARNORTH observer controllers manage Vibrant Response exercise July 11-21

By Sgt. 1st Class Manuel Torres
ARNORTH Public Affairs

In the chaotic mix of realistic training, a team of individuals donning orange vests can be seen flitting throughout the area as they jot down notes and observations.

Their mission is to prepare detailed observations on the steps taken while units perform life-saving measures during a mass casualty and decontamination training exercise.

After the mission is complete, it is then up to



Photo by Sgt. 1st Class Manuel Torres-Cortes

James Berkley (right), observer controller, U.S. Army North, watches Soldiers from 413th Chemical Company, South Carolina Army National Guard, perform evacuation procedures and nuclear decontamination July 18 during the Vibrant Response field training exercise at Muscatatuck Urban Training Center, near Butlerville, Ind.

the observer controllers to compile those notes and to provide valued feedback to the units and commands conduct-

ing operations during the annual Vibrant Response field training exercise July 11-21, at the Muscatatuck Urban

Training Center, near Butlerville, Ind.

See ARNORTH P16

717th MI Battalion inducts Soldiers into NCO corps

By Gregory Rippes
470th MI Brigade Public Affairs

Sixteen Soldiers of the 717th Military Intelligence Battalion passed a milestone in their military careers with a formal induction into the Army's non-commissioned officer corps.

Assigned to the Lackland Air Force Base training annex, the 717th MI Battalion marked the induction in a ceremony steeped in symbolism at the Holiday Inn Northwest July 16.

Toasting comprised one highlight of the event. The narrator explained that this custom evolved from an 18th century military practice. Before a Soldier was recognized as an NCO, he had to stand four watches, and on the third watch he received a glass of wine. Consequently, "raising a glass" became a key element in the symbolic crossing of a Soldier into the NCO ranks.

Earlier in the ceremony, Command Sgt. Maj. Dennis Eger, command sergeant major for the 504th Battlefield

Surveillance Brigade at Fort Hood, Texas, addressed the new NCOs, their Family members, senior NCOs and other Soldiers in the battalion. He said the "three small stripes" were "without a doubt the most important stripes of their career."

"Make no mistake about it, yours is the most recognized rank in the entire world," Eger said. "When people see you, and those chevrons, they automatically believe that you can lead."

Eger discussed the difference between leaders and managers, and while conceding NCOs may sometimes have to be managers as well, he noted that managers had to focus inwardly.

"The leader has the ability to look outward, then to develop,



Photo by Gregory Rippes

Command Sgt. Maj. Dennis Eger offers advice to new noncommissioned officers and senior NCOs alike while addressing the 717th Military Intelligence Brigade's NCO Induction Ceremony July 16 at the Holiday Inn Northwest in San Antonio.

assign and direct tasks to make it happen," he continued. "As a new NCO, you are going to have to provide the vision and the outward look for your Soldiers."

The command sergeant major also said that NCOs had to be followers at times.

"Following does not mean that you are ... less than someone else, or beneath someone

else," he said. "It means that you are part of a team and that you understand that following can be just as important as leading. I firmly believe that the best leaders are the best because they were the best followers that they could be."

Eger concluded by saying that when a Soldier receives the sergeant insignia, it's not just about him or her anymore.

"It's about your Soldiers, your unit, the Army and this country," Eger said. "The very second you make it about you is the very second that you need to take it off."

The induction ceremony also featured recitation of the NCO Creed by senior NCOs and formal requests by Soldiers on behalf of those who are not yet NCOs.

The 717th MI Battalion is a subordinate unit of the 470th MI Brigade, headquartered on Fort Sam Houston. The battalion performs its signal intelligence mission as part of the National Security Agency/Central Security Service.

Interstate Compact looks to lessen impacts of PCS moves on military children

The average military student can expect to face more than two transition challenges during high school and most military children will be in six to nine different school systems from kindergarten to 12th grade.

The impacts of reassignment and long deployments are a key consideration when making long-term life choices that affect more than half of all military personnel supporting Families.

Schools are often unaware or unresponsive to the needs of military children. There are limitations on credits that can be transferred from states and districts. Military kids often have to retake courses, sit out athletic activities and in some cases cannot graduate on time.

The Interstate Compact on Educational Opportunity for Military Children addresses these issues as well as compact enforcement, administration, finances, communications, data sharing

and training.

The development of interstate and intrastate solutions to these issues is vital to military Families. While armed services personnel are serving our country, their children more often than not, are adversely affected by universal educational policies.

While many states and communities have responded on an ad hoc basis to ease the shift of military children, no comprehensive policy approach exists to improve the long-term educational transitions and outcomes of the military community.

The Interstate Compact has been adopted by 35 states (approximately 84 percent of military school-age children in the U.S.) as of July. For more information visit <http://www.csg.org/militarycompact>.

(Source: Interstate Compact on Education Opportunities for Military Children)

Impacts specific to military children can include:

- **Transfer of Records** - Official transcripts for military-affiliated children often come from other states or overseas schools. Children are placed incorrectly because some schools refuse to accept hand-carried copies until the official version arrives. Because of the possible time lapse between entry into school and the arrival of school records, this process jeopardizes proper placement for all students and, in particular, those involved in Special Education, Gifted Education, English as a Second Language, and Advanced Placement Courses.

- **Course Sequencing** - States have varying prerequisite requirements that can result in thwarting students' academic advancement, repeating content or eliminating students from Honors or Advanced Placement courses.

- **Graduation Requirements** - Graduation requirements vary from state to state. In some states, specific courses are required for graduation. The graduation of military students who transfer during their junior or senior year may be jeopardized if they are unable, due to state or local policies or scheduling constraints, to enroll in the necessary coursework.

- **Exclusion from Extra-Curricular Activities** - Students who enroll in school after auditions, tryouts, elections and membership recruitments are often eliminated

from activities that promote socialization and connectedness to their new school community. Often their skills and talents are not recognized or developed or are placed on "hold" because they are seen as transient or having arrived "too late."

- **Redundant or Missed Entrance/Exit Testing** - Children who move frequently can be penalized for missing state mandated tests required to enter or exit various levels of the educational system. Tests are often specific to the state and therefore, entrance/exit tests taken in another state are not recognized.

- **Kindergarten and First Grade Entrance Age Variances** - Children enrolled in kindergarten in one state may not qualify by age when transferred during the year to another state. Children who have completed kindergarten in another state are sometimes denied entry into first grade if they do not meet the age requirement.

- **Power of Custodial Parents While Parents are Deployed** - There are times when children are placed in the care of designated guardians. Legislation is needed to protect the children of these Families so that they may continue to attend their schools or relocate to the neighborhood schools of their newly-appointed guardians.

MILITARY APPRECIATION NIGHT

Photo by Amanda Stephenson



Photo by Allen Boedecker

Brig. Gen. Leonard Patrick, 502nd Air Base Wing commander, administers the Oath of Office/Oath of Enlistment to the 341st Air Force Recruiting Squadron Delayed Entry Program members during pre-game ceremonies at the San Antonio Silver Stars basketball game. In celebration of military appreciation night, the Training Support Company, 32nd Medical Brigade, Army Medical Department Center and School, provided the Stryker and HUMVEE Field Ambulance military vehicles as static displays. The 323rd Training Squadron Drum and Bugle Corps entertained the crowd as they entered the arena.

Women's National Basketball Association team San Antonio Silver Stars faced off against the Chicago Sky July 24 during a home game at the AT&T Center. Military families were treated to a host of activities throughout the evening.




Photo by Allen Boedecker

The Army Medical Department Center & School Joint Service Color Guard presents the colors during pre-game ceremonies at the San Antonio Silver Stars basketball game Military Appreciation Night. Dental Command Sgt. Maj. Exerline Drumm, (center photo) thanked Spurs Sports & Entertainment on behalf of the military community for their support and remembering Soldiers, Marines, Sailors, Airmen and Coast Guard personnel.

4-H Day Camp at Salado Creek Park

Several 4-H Club regional camp counselors organized a day camp for the Fort Sam Houston Child, Youth & School Services children ages 6-11 where they taught archery, rocketry, camp cooking with pizza pockets, pigs-in-a-blanket and S'mores. Kids also enjoyed various games such as dot tag and relay races.

Photos by Laura Ruiz



Child, Youth & School Services staff member Dallas Wiggins (blue T-shirt) roasts marshmallows for S'mores with several of his youth group. S'mores are roasted marshmallows and a chunk of milk chocolate sandwiched between graham crackers and a favored delight for most campers.



Child, Youth & School Services children learned to properly shoot arrows at targets during the day camp. "Release" and "follow through," were two commands taught during the camp that helped children progress through learning how to handle a bow, safely shoot an arrow and hit the intended target.

SPICE from P1

ferent effects.

The ONDCP’s Drug Alert Report for March states that Spice and K2 may be sprayed with synthetic cannabinoids, notably JWH-018, chemically similar to tetrahydrocannabinol or THC, the active ingredient in marijuana; or HU- 210 which mimics the effects of marijuana.

Although JWH-018 is not a federally controlled substance in the U.S., the Drug Enforcement Administration labeled it a “drug and chemical of concern” in 2009.

HU-210 is listed by the DEA as a Schedule I controlled substance. No prescriptions may be written for controlled substances. Purchasing, selling or possessing them is illegal.

First synthesized in

1988 by a group at the Hebrew University, HU-210 is 100 to 800 times more potent than natural THC and has an extended duration of action.

Today, it is usually produced in China and Korea, brought into the U.S., rolled into a cigarette and smoked in a manner similar to marijuana.

The ONDCP’s report describes the effects of smoking Spice and K2 as analogous to marijuana but includes additional dangers such as panic attacks, heart palpitations, hallucinations, delusions, vomiting, increased agitation, dilated pupils, and other symptoms.

Negative effects of Spice and K2 not noted in marijuana users include increased agitation, elevated blood pressure, heart rates and

The amount of tar inhaled by Spice smokers and the level of carbon monoxide absorbed are three to five times greater than among tobacco smokers

vomiting.

Regardless of content, the amount of tar inhaled by Spice smokers and the level of carbon monoxide absorbed are three to five times greater than among tobacco smokers according to information provided by the Naval Criminal Investigative Services.

Although Spice and

K2 are legal, recent concerns that the substances are becoming a widespread problem on and off post were addressed.

Brig. Gen. Leonard Patrick, 502nd Air Base Wing Commander, signed a policy letter March 2 prohibiting the use of Spice, K2, Salvia Divinorum or any variation or derivative thereof. The prohibition also

applies to civilians on installations under Patrick’s authority.

The U.S. Army has banned the use of K2, Spice, Salvia and any derivatives. Article 112a, Uniform Code of Military Justice, specifically prohibits the unlawful use of any compound or derivative of substances listed in Schedules I through V of Section 202 of the Controlled Substances Act (21 USC 812).

Individuals found in possession of K2, Spice or a derivative and through laboratory analysis is determined to contain the ingredient HU-210, will be in violation of Article 112a.

Additionally, Army Regulation 600-85 prohibits Soldiers from using hemp or products containing hemp oil.

Violations of AR 600-85 paragraph 4-2p may

subject offenders to punishment under the Uniform Code of Military Justice and/or administrative action.

Editor’s Note: The Air Force implemented a service-wide “Spice” ban pursuant to AFI 44-121 June 9; the Army has a Fort Sam Houston installation policy prohibiting use as of March; the Navy’s drug policy punishes usage under Article 92 of the UCMJ. Drug use is also addressed in OPNAV 5350.4D (June 4, 2009) and SECNAV 5300.28D (Dec. 5, 2005). Plans have been announced to introduce legislation banning Spice during the 2011 Texas legislative session.

(Contributions from Kathryn Easter; Provost Marshal’s Office)

AFAP from P2

Family support services with Army One Source. This is a significant approach to reaching out to Families.

Information about Army Family programs, health care benefits, education, and recreation is available online at <http://www.myarmyone-source.com>, and is easily accessible by Soldiers and Families – regardless of geographic location. This one-stop-shop for Army information is available for members of the Active and Reserve components.

We are ensuring excellence in schools through an online, one-on-one tutoring service for Army affiliated students. Family members in grades K-12 can receive live online assistance with math, science, lan-

guage, and introductory college-level courses. This worldwide service is available 24 hours a day, seven days a week at <http://www.tutor.com>.

Providing additional support to surviving Families with enhanced survivor Family dental benefits was also attained.

Surviving children can now maintain coverage in the TRICARE Dental Plan through age 21, or age 23, if they are full-time college students.

Additionally, an issue requesting around-the-clock child care was resolved. The Army funded 24/7 child care facilities at 11 installations, based on installation missions and projected demand. Family Child Care homes provide the same services at the remaining installations.

We have made great

strides, but the committee agreed that six AFAP recommendations cannot be resolved because of resource constraints, lack of legislative support, or other factors.

However, we decided to continue pursuing seven agenda items, such as increasing weight allowances for relocating Families and boosting medical retirement pay for some disabled Soldiers.

Above all, the AFAP continues to turn possibilities into realities. Since the first AFAP conference in 1983, we have established standards for child care, increased single Soldier programs, granted paternity leave for new military fathers, and expanded educational benefits for Families.

This grassroots process identifies and elevates the most signifi-

cant QOL issues that affect Soldiers, retirees, civilians, and Families.

Information provided through the AFAP process gives commanders and leaders insight into current satisfaction detractors, QOL needs, and expectations of the Army community. Leaders use the information to effect changes that improve standards of living and support programs. These changes foster a satisfied, informed, and resilient Army community.

We are entering a new era in AFAP. As the assistant chief of staff for Installation Management (ACSIM), I am committed to ensuring all recommendations are thoroughly analyzed to determine if they are realistically achievable.

To that end, I will be meeting with the Army

staff proponents each month to analyze eight to 10 issues. I want to include the entire Army Family in this process by keeping them informed of the progress of each issue.

As such, I invite you to visit the Army One Source website at <http://www.myarmyone-source.com>, and select the Family Programs and Services menu to activate the AFAP Active Issue Search feature. Here, you can enter keywords to find related active issues, or insert an issue number to see a specific issue.

You may also search by subject area, demographic group or geographic area to see what we are doing to improve quality of life for those we serve.

I will also keep you informed by publishing monthly updates and

postings to my Facebook page.

I encourage you to continue asking these three fundamental questions about our programs and services: Are we doing the right things? Are we doing things right? What are we missing?

If you answer “no” to the first two questions or you think we are missing something, get involved and become part of the solution for improving the Army’s home – your home.

Reading history is educational, but getting involved and making important history is an exceptional way of providing exceptional support to the Soldiers, civilians, and Families in our home.

Ceremony celebrates new leadership for 32nd Medical Brigade

By Lori Newman
FSH Public Affairs

The Soldiers and commanders of the 32nd Medical Brigade stood on MacArthur Parade Field ready to welcome their new commander as Col. Randall Anderson relinquished command to Col. William LaChance during a July 22 ceremony.

"A change of command is a time where we collectively reflect on the mission and mission accomplishment of a unit under the leadership of its commander and command team,"

said Maj. Gen. David Rubenstein, commander, U.S. Army Medical Department Center & School and chief of the Army Medical Service Corps.

"During his tenure [Anderson] coached and mentored 46 company commanders, and six battalion commanders in the brigades 24 units." Rubenstein said. "He also

assumed administrative control for four tactical units during a period that included numerous deployments and reintegrations."

Anderson was also instrumental in establishing a second Forward Operating Base for training combat medics at

Camp Bullis, the general said.

Rubenstein tried to sum up Anderson's command in a single sentence, saying "Despite the challenges of this command, [Anderson] never lost focus on the primary mission of the brigade – to safely train Soldiers for war."

The general wished LaChance and his Family success during their time at the brigade.

"[Col.] Bill LaChance understands Soldiers and he understands Soldiering. He also under-

stood the brigade's critical role in the life of the Soldier," Rubenstein said. "He will use his extensive knowledge to command with passion; with a mix of heart and head."

Anderson addressed the Soldiers of the brigade saying, "We are an Army at war and this brigade is

filled with heroes who volunteered to serve our country. Thank you for serving. I am honored to have been a part of your brigade." "It is with great pleasure that I turn this brigade over to my good friend, [Col.] Bill LaChance, and his wife, Candace. I know he will lead with the dedication and leadership he has shown in his previous commands," Anderson said.

LaChance thanked the general for allowing him to be part of his team.

He also thanked

Anderson for what he called, "a truly first-class transition," and wished him well at his new position as the director of the Army's Medical Capabilities Integration Center at the AMEDDC&S.

"I am both honored and humbled by the trust placed in me by this command. These are exciting and challenging times here at Fort Sam, and frankly, there is no place I would rather be,"

LaChance said.

"I look forward to working with the Fort Sam community, the [AMEDD] Center & School and the [Medical Education and Training Center] staff as we collectively shape the future of Army medicine and military medicine."



Photo by Lori Newman

Maj. Gen. David Rubenstein (center) passes the colors to Col. William LaChance (left) charging him with the command of the 32nd Medical Brigade during the ceremony held July 22 at MacArthur Parade Field as outgoing commander, Col. Randall Anderson (right) looks on.



Col. Daniel Reese speaks to the crowd after taking command of the U.S. Army Dental Command July 15.

Reese takes reins at U.S. Army Dental Command

By Steve Elliott
FSH Public Affairs

Early on a sweltering San Antonio morning July 15, the leadership of the U.S. Army Dental Command changed hands, with Col. Daniel Reese taking the helm of a command that stretches across the U.S., Europe and the Pacific and sees more than 26,600 patients daily.

Outgoing commander Col. M. Ted Wong was promoted to major general and also named chief of the Army Dental Corps later in the day.

Wong will report to Fort Bliss, in El Paso, Texas, to take over as commanding general of the William Beaumont Army Medical Center. He had served as DENCOM commander since July 10, 2008.

"We are truly surprised how quickly the past few years have gone by," Wong said. "We have been blessed to have had this opportunity and to have worked with such outstanding people. This command is frequently cited as the best job in the Army. I couldn't agree more."

"This command has really gone through some challenges in the past few years and is instrumental in retaining the readiness of the Army," said Lt. Gen. Eric B. Schoomaker, Army Surgeon General and commander, U.S. Army Medical Command. "With every challenge, Ted's guidance and leadership has been instrumental."

"Being commander of the Army Dental Command has been the highlight of my career so far," Wong said of his tenure. "It's been an assignment that's allowed me to lead dental professionals, officers, enlisted and civilians – over 2,800 strong – providing the best dental health care to every Soldier in the Army."

"Dental Command truly demonstrated its character, perseverance, innovation and adaptability by launching multiple programs, transforming into what it is today and enduring changes on many fronts, all while ensuring the dental readiness of 300,000 deploying Soldiers."



Photos by Steve Elliott

Outgoing commander of the U.S. Army Dental Command Col. M. Ted Wong accepts congratulations from Maj. Gen. Simeon Trombitas, commanding general of U.S. Army South, after the change of command ceremony for the U.S. Army Dental Command July 15.

"As you take command of one of the Army Medical Command's real treasures and one of the Army's keys to force readiness, know that the Dental Command lives up to its motto of 'Global Care,'" Schoomaker said to Reese as he took the reins of DENCOM.

"It is my distinct honor to accept to accept this responsibility. I realize it's an awesome privilege to be a commander," said Reese, who was formerly chief of staff at Army Dental Command. "The Dental Command's mission of providing oral health care to our nation's warriors will remain as our singular focus."

"Army values are non-negotiable for me and a way of life that must guide everything we do as we move forward."

LEDFORD RETIRES

Chief Warrant Officer 4 Robert Ledford marked the end of a 26-year Army career with a June 16 ceremony. Ledford devoted 22 of those years to military intelligence. Distinctive among the awards he received during the ceremony was the prestigious Knowlton Award, named after Lt. Col. Thomas Knowlton, a brave Soldier whom Gen. George Washington appointed to raise the first regiment for intelligence services within the American Army. The Military Intelligence Corps Association bestowed this award on Ledford as an individual who the organization determined to have "contributed significantly to the promotion of Army intelligence in ways that stand out in the eyes of their superiors, subordinates and peers" and who demonstrated "the highest standards of integrity and moral character."



Photo by Greg Ripps

TRANSITIONS



Robert Graves, deputy to the commander, 502nd Air Base Wing and one of the prime architects of Joint Base San Antonio will return to retirement on July 30. Col. Bob Bridgford will be Graves' replacement. Reflecting on his experience with JB SA during its first year, Graves pointed out that in his 43 years of government service this is only the third time he's had an opportunity to start a new organization. "I have mixed feelings about my departure. I love the place, I love the work, I love the people and I'm going to miss that mightily when I go back into retirement," he said. "This doesn't come around very often that you get to be in on the ground floor of something."

GRAVES RETIRES



Courtesy photo

SPECIAL TROOPS BATTALION



(Left to right) Lt. Col. Scot N. Storey, Maj. Gen. Simeon G. Trombitas, and Lt. Col. Charles A. Walters Jr., stand at attention during a change of command ceremony at MacArthur Field July 16. Walters received the unit colors of the Special Troops Battalion, U.S. Army South from Storey during the ceremony. Trombitas is the U.S. Army South commanding general.



Maj. Gen. Simeon G. Trombitas passes the U.S. Army South, Special Troops Battalion's unit colors to Lt. Col. Charles A. Walters Jr. during a change-of-command at MacArthur Field July 16. Walters took command of the STB from Lt. Col. Scot N. Storey during the ceremony. Trombitas is the U.S. Army South commanding general.

Photos by Pfc. Andrew S. Valles

14TH MILITARY INTELLIGENCE BATTALION

Lt. Col. Kris Arnold addresses the Soldiers of the 14th Military Intelligence Battalion on MacArthur Field after assuming command of the battalion July 27.



Photos by Greg Ripps

Lt. Col. Kris Arnold (left) receives the colors of the 14th Military Intelligence Battalion from Col. Jim Lee, 470th MI Brigade commander, symbolizing the transfer of battalion command to Arnold. The change of command ceremony took place on MacArthur Field July 27. The 14th MI Battalion, a subordinate unit of the 470th MI Brigade, recently redeployed from Iraq after a one-year interrogation mission.

5TH BRIGADE U.S. ARMY CADET COMMAND



Maj. Gen. Arthur Bartell, commanding general, U.S. Army Cadet Command, passes the colors to Col. Bridget Rourke signifying his trust in her to take command of the 5th Brigade, U.S. Army Cadet Command during a ceremony at Army Community Service July 21.



Photos by Lori Newman

Maj. Gen. Arthur Bartell, commanding general, U.S. Army Cadet Command congratulates Col. Verb Washington after pinning him with the Legion of Merit medal July 21 during a ceremony at Army Community Service as his wife Kathleen stands beside him. Washington retired after 26 years of service.

BAMC WARRIORS IN TRANSITION TALENT EXTRAVAGANZA

Wounded warrior Staff Sgt. Robert Henline, a burn patient with a special knack for stand-up comedy, kept the audience in stitches at the first Brooke Army Medical Center Warrior in Transition Battalion Talent Extravaganza July 21. Henline shared tales of his injuries, recovery and rehabilitation flavored with humor.

Photo by Jen D. Rodriguez



ARSOUTH from P1

try that is not reached much by the NGO's (non-governmental organization)," said Steinbrunner.

For the majority of the team, this was their first deployment and very few had been on a humanitarian mission, said Steinbrunner. "This is a great opportunity for them to learn the deployed environment and also be able to provide care outside of the country."

"I am getting lots of hands-on-experience," said Airman Michael Palmer, a medical services apprentice with the 56th Medical Operations Squadron. "Some of the things we learned in the clinic were a little bit improvised here in the field."

"I did an ear irrigation and I had to modify some of the equipment," Palmer said. "We don't have the same equipment out here as we do back in the clinic. We make do with what we have and make things work."

Air Force Maj. Teresa Stump, a physician with the 56th Medical Group, gives the local patients instructions on how to take their medication at the U.S. Army South New Horizons-Haiti 2010 Ennery medical assistance site July 13. New Horizons, in partnership with the government of Haiti, is conducting various medical, dental and engineering missions for the locals in Gonaives. New Horizons also provides valuable learning experience in a real-world environment for our U.S. Forces.



Air Force Capt. Ivy Madson, an optometrist with 56th Medical Group, conducts an eye exam for a local patient at the U.S. Army South New Horizons-Haiti 2010 Ennery medical assistance site July 13.

**Photos by
Spc. Jessica M. Lopez**

"Everyone is working well together," Palmer added. "The providers take their time and are excellent to work with."

ARNORTH from P4

Such is the mission for the observer controllers from U.S. Army North's Joint Task Force – 51, headquartered at Fort Sam Houston and serving as the command and control element for the national emergency response exercise.

“Observing units allows us to ensure they are meeting the standards,” said James Barkley, observer controller, ARNORTH. “They use the skills they have been taught to complete the mission, and we are here to validate that the training is to standard.”

While watching the South Carolina Army National Guard's 413th Chemical Company perform decontamination of a large group of casualties, observer controllers see the process from beginning to end. They observe how units set up the site and deploy its Soldiers to perform their mission – it is all part of the validation process.

“In a mass casualty mission like this, you have to maintain the safety of the people who need help as well as the safety of the units performing the mission,” Barkley said. “We ensure the times where units

must conduct their rotation with other team members to avoid dehydration and heat casualties.”

With thunderstorms throughout the afternoons, it makes the area more humid and potentially dangerous for Soldiers performing in their Mission Oriented Protective Posture gear, which can result in heat casualties in a matter of minutes. While being encased in air-tight suits from head to toe, as well as wearing their protective gas masks, the Soldiers stand in the sun – protecting themselves from the notional nuclear

contamination area – for up to an hour at a time.

“This is real training; this is as real as possible; every hour, Soldiers must rotate, get water, perform life-saving measures on civilians who were effected in the blast,” Barkley said.

Included in the scenarios and evaluation processes is that units must know how to properly evaluate casualties, how to control the flow of the wounded casualties they are providing aid to, and how to provide oversight and control of the decontamination and records process.

“The 413th Chemical

Company is doing really well today,” said Joseph Ussery, observer controller, U.S. Army North, a contractor for the Advanced Technology Education Program. “We ensure they have the live role-playing casualties, the mannequins, the time and place of the training, and we give them the realism that they experience during the training.”

During the exercise, Soldiers assess and process the injuries of mannequins labeled with specific injuries in addition to the live role players, who suffer from the symptoms of dehydration, starvation, burns, radioactive contamination and hysteria. Soldiers are evaluated on their ability to process

the live role players and the mannequins through the decontamination sites.

After processing through decon, all notional casualties must then be cleaned, washed and processed through the medical aid stations, where they will be provided medical attention and treated for their injuries.

The added realism of training aids and live role-playing casualties provide Soldiers with an added measure of realism.

“I'm learning a lot here; this is very different than our mission overseas,” said Sgt. Westly Linder, infantryman, 4th Battalion, 118th Infantry Regiment, South Carolina Army National Guard.



Announcements

Diabetes Research Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients," even if you have not been a candidate for weight-loss surgery before. Military medical beneficiaries ages 18-65 who have Type 2 diabetes are eligible. Active duty members are not able to participate,

dependents or retirees only. Call 292-5915 for more information.

Lose Something?

All found property is kept for 45 days and disposed of unless owner is identified. Call 221-2340 or visit Fort Sam Houston Police Desk, Building 2244.

Be 'Green' at AAFES

Army & Air Force Exchange Service-operated retail facilities are rewarding military shoppers through its "Use a Bag, Save the Planet" initiative. Instead of using traditional plastic bags, AAFES is encouraging shoppers to bring their own reusable bags. Shoppers will get five cents back for every reusable bag used. The five-cent credit applies only to shoppers who bring in and use

reusable shopping bags (plastic bags do not apply). As such, customers who simply decline a plastic bag, but do not utilize a reusable bag, will not qualify for the five-cent credit.

Program for Exceptional Women

A Garrison/Equal Employment Opportunity program, PEW equips employees with tools for meeting tomorrow's challenges while learning to navigate today's work place. Participants meet once a month for eight months. Supervisory approval required. For pay grades GS9 and below and military E5 and E6. Applications accepted until Aug. 4. Candidates notified of selection no later than Aug. 12. Call 221-1177.

Calendar of Events

July 29

Legend of DUSTOFF Presentation

Retired Maj. Gen. Patrick H. Brady, Medal of Honor recipient, will give a presentation on "The Legend of DUSTOFF – America's Battlefield Angels" at 5 p.m. at the Army Medical Department Museum.

July 30

Special Forces Briefing

A briefing will be held from 11 a.m.-1 p.m. in the 32nd Medical Brigade classroom, Building 902. Call 877-217-7131 for more information.

See COMMUNITY P19

REMINDER CALENDAR



July 30	Movie Night at the Beach, about 8:30 p.m. , FSH Recreation Area, Canyon Lake
Aug. 4	EFMP Field Trip to SeaWorld, leaves ACS at 9 a.m.
Aug. 5	Great Plains Regional Veterinary Command Change of Command, 3 p.m., Army Community Service
Aug. 6	EFMP Special Needs Resource Fair and Activity Day, 10 a.m.-1 p.m., Morgan's Wonderland
Aug. 6	Warrior Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Club
Aug. 7	Back-2-School Celebration, 10 a.m.-4 p.m., Sam Houston Club
Aug. 7	Post-wide Flea Market, 7 a.m.-1 p.m., Command Pavillon
Aug. 7	Back-2-School Celebration, 10 a.m.-4 p.m., Sam Houston Club
Aug. 10	EFMP Field Trip to Splashtown, leaves ACS at 9 a.m.



Announcements

Sam Houston Club Bingo Program Changes

Due to renovations, July 31 will be the last day the bingo program will be held at the Sam Houston Club. Aug. 6, Friday night bingo will move to the Army Community Service auditorium, Building 2797, Stanley Road. Doors open at 5 p.m. with 6:50 p.m. early-bird start. Big Bucks Bingo will be held the second Saturday of the month starting Aug. 14 at 11 a.m. with 12:50 p.m. early-bird start at ACS. The regular Saturday bingo program will resume Aug. 21 at 11 a.m. with 12:50 p.m. early-bird start at ACS. The bingo program is open to all military, government employees (active or retired), their Family members and sponsored guests. Call 224-2721.

Survivor Outreach Services

Many times after a loved one is lost, there are unresolved issues or questions that surface months or year later. SOS ensures survivors are connected with local support services that include but are not limited to grief counseling, support groups and

social events. The SOS staff can assist with understanding and applying for benefits, investing, estate planning, long term life skills education and support to survivors, as long as it is needed. Call 221-1841.

Varsity Sports Tryouts

Flag Football—Aug. 2-6 at the Johnson Track; Soccer—Aug. 16-20 at the Johnson Track; Women and Men's Basketball—Aug. 23-27 at the Jimmy Brought Fitness Center. Individuals interested in coaching must submit their resume to the Sports Office located in the Brigade Gym prior to tryouts. Call 221-3003.

Intramural Sports

Family and MWR patrons interested in intramural flag football or softball must submit a letter of intent to the Brigade Gym Sports Office by Aug. 3. Call 221-3003.

Calendar of Events

July 30

Battlemind Pre-Training for Families

The training is 2:30-4:30 p.m. at ACS, Building 2797. This training helps Soldiers and Families prepare for deployment. To register, call 221-1829/2705.

Movie Night at the Beach

"The Bounty Hunter" (PG-13) will be shown at sundown, around 8:30 p.m. at the beach the FSH Recreation Area at Canyon Lake. Park access will be free after 7 p.m. Call 221-

9904 and visit <http://www.portsamhoustonmwr.com>. Directions to Canyon Lake can be found by selecting Canyon Lake under the Recreation drop-down menu. Outside food and drinks welcome. No pets allowed in beach area.

Aug. 2

Unit Family Readiness

The training is 10-11 a.m. at ACS, Building 2797. This training defines the phases of the deployment cycle, identify stresses and Soldier and Family issues related to deployment. To register, call 221-1829/2705.

Bank Account Management

The class is 2-4 p.m. at ACS, Building 2797. To register, call 221-1612.

Aug. 3

Microsoft Word Level 1

The class is 8 a.m.-noon at ACS, Building 2797 in the computer lab. To register, call 221-2518.

Basics of Breastfeeding

The class is 12:30-2 p.m. at ACS, Building 2797. To register, call 221-0349/2055.

FRG Leaders/ FRSA Joint Forum

The forum is 6:15-7:30 p.m. at ACS, Building 2797. This forum provides Family Readiness Group leaders and Family Readiness Support Assistants the opportunity to network and share lessons learned in an open forum. To regis-

ter, call 221-1829/2705.

Budget Development

The class is 2-4 p.m. at ACS, Building 2797. Work through a simple one-page budget and find out how to make it work for your Family. To register, call 221-1612.

Aug. 4

Microsoft Access Level 1

The class is 8 a.m.-noon at ACS, Building 2797 in the computer lab. To register, call 221-2518.

Bringing Baby Home

The class is Aug. 4-5, 9 a.m.-12:30 p.m. at the Red Cross, Building 2650. Call 221-0349.

Mandatory Initial First Term Financial Readiness

Class begins at noon at the Education Center, Building 2248. To register, call 221-1612.

Rear Detachment Commander Training

The training is 8 a.m.-3 p.m. at ACS, Building 2797. The purpose of this training is to identify rear detachment commanders' and Family readiness responsibilities. Recommended for rear detachment commanders, unit leadership and FRG volunteers. To register, call 221-1829/2705.

EFMP Field Trip to SeaWorld

The Exceptional Family Member

See MWR P19



FORT FREEBIES FOR SALE

For Sale: 2007 Scion, 28,100 miles, black, 5-speed, \$13,000 obo. Call 320-5759.

For Sale: 2000 Pathfinder 1806V Bay boat, 90 HP Yamaha motor, center console, low hours, \$10,500. Call 488-3175 or 830-438-2860.

For Sale: HP flat screen monitor, \$25; computer speakers, \$5; computer surge protector, \$5; HP keyboard and mouse, never used, \$15; various ladies clothing, size 6. Call 662-8887.

For Sale: 150-gallon

MWR from P18

Program will host a field trip to SeaWorld San Antonio. Meet at 9 a.m. at ACS, Building 2797. Entrance to the park is free for EFMP member and three additional Family members. Families must be enrolled in EFMP to participate. Lunch is not provided. Registration required. Call 221-2418/0285.

Aug. 6 Special Needs Resource Fair, Activity Day

The event is 10 a.m.-1:30 p.m. at Morgan's Wonderland, 5223 David Edwards Drive. This event is for local Army and Air Force Families and their EFMP Family members. Meet at

butane/propane tank, \$425 obo; two antique iron wheels, \$100 obo; Washburn bass guitar and amplifier, \$495; women's clothes and shoes, good prices. Call 219-4327.

For Sale: Fan, adjustable to 4 feet tall, \$25; Kenmore sewing machine with cabinet, \$45; Black & Decker 18 volt reciprocating saw and 18 volt cordless saw, new, still in case, \$80; metal four-drawer filing cabinet, legal size, \$30; two-piece living room set includes sofa and loveseat, very light brown, makes into bed, \$75. Call 241-1291.

For Sale: Set of Ping G2 3-PW irons golf clubs, good condition, \$120 obo; Ping G-5 driver with cover, graphite shaft, regular flex, 10.5 loft, \$40. Call 373-8469.

For Sale: Three gym-style full length

Morgan's Wonderland main gate between 10 and 11 a.m. to receive special entrance pass. Entrance is free for EFMP Family Members and three immediate Military Family members. Light refreshments will be provided from 11 a.m. to 1:30 p.m. Food facilities are not available, bring your own lunch. Registration is mandatory by Aug. 4. To register, call Army EFMP at 221-2418; Randolph A&FRC at 652-5321; or Lackland A&FRC at 671-3722,

Aug. 7 Quarterly Flea Market

The post-wide flea market is 7 a.m.-1 p.m. at Command Pavilion located on Stanley and Harry Wurzbach roads. Sellers must regis-

ter no later than Aug. 5 with the Outdoor Equipment Center. Call 221-5224 for more information.

For Sale: French provincial dresser with bookcase, \$95; solid wood coffee table, \$100; Little Tikes two step wagon, \$40; Cardiogider exercise machine, new, \$175; giant custom-made pet house, \$150 obo. Call 633-2247.

For Sale: Oak entertainment center, \$150 obo; pipe roofing, \$1 each. Call 550-7371.

For Sale: GE Potscrubber dishwasher, white, \$150 obo; maternity pants and tops, size 20-22, new with tags, \$20; boy's clothing and shoes, reasonably priced. Decorations for various occasions, reasonably priced. Call 412-2151.

Back-2-School Celebration

The event is 10 a.m.-4 p.m. at the Sam Houston Club. There will be free food and beverages, a DJ, karaoke, arts and crafts vendors, moon bouncers, face painting and more. Call 224-2721.

August Movie Night Schedule

Aug. 13 — Flag Pole, "Star Trek"
Aug. 14 — Dodd Field, "The Twilight Saga, New Moon"
Aug. 27 — Flag Pole, Disney's "Alice in Wonderland"
Aug. 28 — Dodd Field, "Astro Boy"

COMMUNITY from P17

Aug. 10 SEP/GT Improvement

The FSH Education Center is accepting enrollments for the Basic Skills Education Program/General Technical

Improvement class, Aug. 10-27. Active duty, reserve and members of other services may attend. Class prepares Soldiers for the ASCT. Seating limited, contact a counselor at the Education Center, Building 2248 or call 221-1738.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday — July 30

Lunch — 11 a.m. to 1 p.m.

Country fried chicken steaks, smoke-flavored barbecued spareribs, lemon-herb baked pork chops, smothered pork chops with onions and gravy, southern fried catfish, country fried potatoes and green onions, macaroni and cheese, baked potatoes, collard greens with ham hocks, pinto beans, cauliflower combo

Dinner — 5 to 7 p.m.

Salisbury steak, chicken pot pie, beef stir fry, salmon croquettes, cheese manicotti, steamed rice, oven browned potatoes, cauliflower, southern green beans, baked parmesan tomatoes halves

Saturday — July 31

Lunch — noon to 1:30 p.m.

Roast beef, chicken cordon bleu, cheese ravioli, tuna casserole, rice pilaf, mashed potatoes, lima beans, Brussels sprouts, green peas

Dinner — 5 to 6:30 p.m.

Barbecued roast pork, country fried steaks, roast pork, potato frittata, red potatoes, red beans and rice, steamed rice, broccoli, yellow and zucchini squash

Sunday — Aug. 1

Lunch — noon to 1:30 p.m.

Creole macaroni, tempura fried fish, baked ham, vegetable lasagna, sweet potatoes, fried rice, baked potatoes, cauliflower combo, spinach, corn O'Brien

Dinner — 5 to 6:30 p.m.

Beef & broccoli, Caribbean chicken breast, Monterey chicken, vegetarian chili macaroni, steamed rice, cottage fried potatoes, baked potatoes, turnip greens, succotash

Monday — Aug. 2

Lunch — 11 a.m. to 1 p.m.

Spaghetti with meat sauce, herb roasted turkey, Italian-style pot roast, Italian breaded pork chops, broccoli rice and cheese casserole, parsley red potatoes, herb-butter mashed potatoes, rice pilaf, French fried eggplant, French-style green beans, LA-smothered squash

Dinner — 5 to 6:30 p.m.

Grilled pork chops, fried chicken, veal parmesan, cheese ravioli, spaghetti noodles, oven-browned potatoes, steamed rice, paprika potatoes, collard greens, cauliflower au gratin, French fried okra

Tuesday — Aug. 3

Lunch — 11 a.m. to 1 p.m.

Beef fajitas, Mexican-style meat loaf, cheese quesadillas, chicken enchiladas, cheese enchiladas, Mexican rice, potatoes and green onions, fried papas with green onions, Mexican charra beans, Mexican corn, broccoli

Dinner — 5 to 7 p.m.

Beef enchiladas, chile rellenos, fish amandine, chicken fajitas, beef tamales, refried beans, Spanish rice, steamed rice, Spanish cauliflower gratin, fiesta green beans, cauli-

Aug. 14 Community Clean-Up

The American Society of Military Comptrollers will sponsor a community cleanup project 9 a.m.-noon at the Sunshine Plaza Apartments, 455 E. Sunshine Drive. To volunteer, call 536-3549.

flower

Wednesday — Aug. 4

Lunch — 11 a.m. to 1 p.m.

Vegetable stuffed peppers, roast chicken, beef rouladen, jaegerschnitzel with mushroom gravy, bratwurst with sauerkraut, baked potatoes, German potato pancakes, parsley-buttered egg noodles, sauerkraut, lima beans, asparagus

Dinner — 5 to 7 p.m.

Tuna and noodle casserole, baked knockwursts, breaded veal steaks, beef and broccoli, red beans and rice, steamed rice, mashed potatoes, hot German potato salad, asparagus, Brussels sprouts, carrots and celery amandine

Thursday — Aug. 5

Lunch — 11 a.m. to 1 p.m.

Tempura fried fish, chicken bulgogi, spicy pork chops, sweet and sour pork chops, parsley potatoes, fried noodles, spicy fried potatoes, vegetable stir fry, Chinese fried cabbage, peas with mushrooms

Dinner — 5 to 7 p.m.

Sweet and sour chicken, vegetable lasagna, shrimp stir fry, meatballs with brown gravy, steamed rice, mashed potatoes, baked egg noodles and cheese, cauliflower combo, baked parmesan tomato halves, French fried okra

Menus are subject to change without notice